WOMAN'S HERALD DESPITE LENT,

MARY MARSHALL, Editor

DAILY DEPARTMENT OF THE

WASHINGTON HERALD Correspondence is invited Address is communications to the Woman's

li communications to the Work

FRIDAY, FEBRUARY 19, 1945.

Be Cheerful.

This is donation week. With the sadness and complexity of the war oppressing us, with appeals for self-denial and economy from

But this is just the time when every dwelling on its horrors. We are will-quotation remains the same-15 and 56 cents a dozen many luxuries, if need be, but we can Vegetable and meat prices fluctuated emornize the better if we smile slightly during the week, but not be-

I as if you enjoyed curtailing ex-

CARE OF SHOES

wans to almost any other article of apparel. Untidy shoes make the costume look dowdy. Dusty make the most spotless costume So it behooves the woman

are to look well. For thin kid Romers, des. End Gathered, das. is d show polich is also necessary if black shoes that are wor They can be used on dull ca -hors with good results and a

If he w anner seem to be a little too b the best and in rubbing against the best and in rubbing against the season and the best of the shoe with a small and certific some. Also powder the of the short

s and a changes of temperature if the closet where they a could they should be slipped in the nel mans when they are take When they are taken from the place in the closel they shoul school slightly and slowly before the part on the coot. Rub them will be coot. of conton flannel, when they see

They should either be wrapped to jujer-which is a good deal of

Why the Left Side.

noble, we gather our skirts in we fasten buckles, bows and

In the old old days, when men went

with swords instead of penknives the pleasantest, sunniest rooms in the brind and folded bow they wear now, but a log, waving plume or two. These plumes. If they were fastened at the tight side, interfered with the sweep of the sword when it was swung high in air to gather force—swung, naturally, with the right hand on the right side. Hence the trimming was placed on the left side, and there it has remained, on and off, ever since until the fashions of the last few years came in.

the pleasantest, sunniest rooms in the bounds. It should be alightered are in the for no children should be allowed to sleep in the room in which they have spent the day, unless space. If they must sleep in the day room, they should leave it long enough before ted-time so that the windows may be thrown wide open and the air changed complete-the last few years came in. lats not the small neat ribbon

PRICES HOLD

Seasonable Menus Have Not Affected Market Lists So Far.

COST OF EGGS MAY JUMP

Heavy Drain on Washington's Supply Already Felt-Many Shipments Go North.

every side, with talk of hard times supposed to be customary in many and tusiness depression overwhelming homes, have made practically no change in market quotations, according to merchants. Numerous alterations in prices, born this is just the time when every must this is just the time when every will fall upon the egg market, poultry dealers declare. Already heavy drains are being made upon Washington's egg supply, barge shipments being made to

bout it. We regret the hard times and the fact that thousands of men and women are out of work and in enerosity expresses this sorrow far selling at 25 and 30 cents a peck, merbetter than does a long face and a seems a peck, merchants quoting them last week at 20 and 35 cents. Cucumbers dropped from 15 and 35 cents. Cucumbers dropped from 1 changes in demand for fore-quarters and hind-parts. Wholesale dealers' builtin changing figures from day to day of a pushed income due to hard times, half-cent to a cent, the figures varying

> Lamb chops, seiling last week for 121-2 cents a pound, sold yesterday for 15 and 2 cents. Smoked shoulders advanced from 121-2 and 16 cents to 15 and 18 cents; smoked hams from IS and 20 cents to 1

the week, which resulted in a general advance. Trout and sheepshead went from 15 cents to 20 cents; Spanish mackcents for medium products. Poultry prices were unchanged during the week. Prices quoted by retail merchants yes-

nin.	Henners, dot Fate Callered, Ont.
ere	Southern, doz
the	BUTTER.
rth	Best, creamers, th 15 Medium, th Xa
lf-	Removated, Ib.
are	POULTRY.
ate.	Chickens, Ib
	Turkers, 1b
	Broders, 1b 28a.0 Durks, 1b
big	Kents, each
the	VEGETABLES.
In-	Smeet potatoes, pic 10x30 lpids potatoes, pk. 25a
all	Spanish onions, dos. 56 Peas, at.
the	Turnity, pk
LANC	Cauliflower, bd Eath Brownia sprouts, by Mu
- 4	String beam, 2 boxes 2 Spinach, pk.
and l	Lima beans (dried), qt. 15 Lima bins, ifr'sb', qt.1.
ton	Radishes, bunch Online, 14.
re.	Carrots, pk
are	Squali, cach
nto	Celery, lunch
en	Parerips, pk
eir	FRUITS
ild.	Bananas, elor iba3 tranges, dor 20.
N 5 8 7 1 1	Apples, pk., 30; doz., 30 Grapefruit, each
910	Straubernes, bes is Lemons, doz
ith	Alligator pra., such. 90:00 Procapples, each
all	Limes, dox,
em l	MESTS
	Lamb, 15

reach and enough old shoe command enough old shoe command enough old shoe command them this method them is good. If your space command bags will be found comed beef, its 1520 Rib coast, its colored beef, its 1521 North marketel.

Financia, Ib. 15 Smalt Ib. 1513 Shortsheed Ib. 20 Oysters, qt. 2015

but the school assembly halls and gymnasiums for at least three evenings a week through the school year, and also toward the trimming of our hat least three evenings a week through the school year, and also toward the installation of accing picture and the left side is the sult.

The sether energy, anyway, why we less the reason, anyway, why we less the best taken by the building and grounds the reason, anyway, why we less the reason, anyway, why we less the reason anyway, why we less the reason anyway, why we less the reason anyway why we less the reason anyway why we less the reason anyway or the trimming of the board of education in the soil of the box.

A metal box is suitable for holding the mose, but wood makes the best operated along educational lines, have been taken by the building and grounds directly. Cypress, authorities say, is ordered to investigate and research the control of the way. have bad to hold ourselves in check Chicago. A special board of three was lest we just our hats on backward or ordered to investigate and report plans. bleways to bring the trimming to the time honored left side:

The motion pictures would be conducted under the direction of the school super-

The nursery, of course, should be one of

Furniture on Credit at Prices as Low or Lower Than Those at Cash Stores

Spring Arrivals of Fine Floor Coverings

We call particular attention to our new displays of Fiber, Wool and Fiber Rugs, Matting Rugs, and the well-known Crex goods.

In these we offer you the best qualities known, and it is our desire to impress the fact that this is a store where quality is the first con-

We'll compete with any house in the matter of prices, but you'll always find the good values most economical, and we furnish you the means to afford them at once by granting credit on small weekly or monthly payments.

No notes to sign here, and no interest charges are made.

GROGAN'S, 817 to 823 Seventh St.

MRS. WILLIAM K. VANDERBILT AGAIN IN HOSPITAL SERVICE



MRS. WILLIAM K. VANDERBILT. SR.

Mrs. William K. Vanderbilt, sr., is enjected in several American hospitals the advance. Trout and sheepshead went from 15 cents to 20 cents; Spanish mackerel from 20 cents to 20 cents; Spanish mackboard the steamship Adriatic, on her way to Paris to Continue the work in the from the French government. The work from 20 and 25 cents to 23 and 28 cents.

Butter is still quoted at 45 cents a pound for the best grade and 25 and 49 Mrs. Harry Payne Whitney, she is interbest grade and 25 and 49 Mrs. Harry Payne Whitney, she is interbetterment of the hospital service.

GETTING THE WINDOW BOXES READY

It is almost fime to make ready the the best wood, and although it costs window boxes, and every lover of flow- a little more to begin with it outers rejoices. In city or country nothing

is itself attractive enough. Surely if frost kills the plants in the fall, the fair American has any money to spend she will gladly spend it there.

Climbing nasturtiums can be combined with those of dwarf habit. Two spend she will gladly spend it there.

a definite color scheme in mind and to can be trained over a cord or a trel-Theis buy flowers which conform to this its made of wood which follows the fact scheme. For instance, tink and white outline of the window frame. It is can be carried out with pink geraniums and marguerites; scarlet and green, with as the wire heats quickly in hot sun, ted geraniums and by. Sweet alyssum, burns the stems twined about it and ageratum and marguerites with white ultimately causes the death of the ... 15 Yellow penen, ib., 172315 ageratum and marguerites, with white ultimate between the combination of th

56 geraniums and try are interesting for a 57 layender and white box.
56 Potted plants, sunk in a boxful of moss, can be used, or else the flow and vines can be planted directly the soil. If the moss-filled box Chicago Schools to Show Films. used, the plants can be changed from Stens looking toward the opening of the time to time without much trouble Steps looking toward the opening of the time to time without much trouble, public school assembly halls and gym- but possibly they do better when they

TODAY'S FASHION NOTE.



gives a more interesting character to a house than well-filled and cared for window boxes. In France this fact is fully understood. The humblest cottages are often gay with flowers blooming on the window sills. Even the business houses good drainage sure. Rich soil can be hove made use of the window slips. The soil should be very rich-the

ciating the suggestion of charm and cool-ness which flowers give, has the windows Nasturtiums are satisfactory growof his business establishment fitted out ers in boxes. The dwarf variety with boxes filled with perfect, growing should be used and the plants should flowers. In the summer, the time when be thinned out to stand six inches many of his foreign patrons visit Paris, apart. The flowers should be picked his business house makes an altogetaer regularly. If this method is followed beautiful spot in a neighborhood which blossoms can be had all summer, until

One thing to remember in planning win-dow boxes is that it is better to have corners of the box nearest the window

HOROSCOPE.

"The stars incline, but do not compel." Friday, February 19, 1915.

Astrologers read this as rather a doubt ful day. Although Saturn, the Sun Jupiter and Mercury are in benefic as

The rule should be fairly auspices for those who begin new enterprises or seek employment. Associations or negotiations with persons in authority are subject to good leading.

Ancient lore found the friendly rule of the Sun especially favorable for the presentation of gifts and the seeking of Gain through enterprise and daring in-Itiative of every sort is supposed to be lucky while this configuration prevails. Disappointment to many who seek for-tunes in South America is indicated. There is a sign interpreted as a warning against too great confidence in the quick development of resources. It is a lucky day, the seers declare, for

naking announcements and publishing Actors and singers should find this a favorable day for seeking engagements, but they are warned of changing conditions that will affect those who depend on pub-

lic approval.
Since the good aspects of Jupiter conduce to clear judgment, honesty, justice and benevolence this should be a partic-ularly good rule of the stars for launching philanthropic movements.

University presidents and college profensor_s should benefit not only today, but during the whole year. The stars pre

is predicted for American seats of learn Owing to the evil power of Uranus leg islators and government executives may use exceedingly bad judgment in matters of vital importance. They are cautione

of astonishing expansion and prosperity

to act with discretion.

Discontent concerning naval affairs. long foretold by the pers. may culminate most unfortunately within a fortnight. Scandals in official life are presaged. These may take place in a State capital Women in equal suffrage States should be exceedingly wise in all public activities. They are under a sway that is threatening.

Persons whose birthdate it is have a

happy omen. Business should prosper and money increase. Those who are em-ployed should benefit. Children born on this day probably will be fortunate all through life. Boys will progress in business and girls have the

WHAT SHALL I DO?

SCIENTIFIC COOKING.

The Big Demand for Women Trained in Scientific Cooking—How You Can
Earn a Comfortabe Salary Pleasantly in This Growing Profession—The
Training which Wakes a Scientific control of the scientific control of Training which Makes a Scientific

choose to call the new science of cooking, have sprung up all over the country. Millions of dollars have been freely given by rich men for the endowment of such schools and for the establishment of similar departments in schools already in existence. The movement has spread to the public ling (or cooking in large quantities) are schools and private schools. It is a taught; typical home kitchens and a prominent feature of institutional churches and clubs. Scientific cooking the score with a vengeance, and it is instruction treats of such subjects.

The manufacture of food products as the manufacture of food products.

daily diet a third more nourishing at mouth water; invalid cooking, restaurant a third less cost.

It is one of the professions still which includes the problem of penny growing rapidly, and every year calling for more capable women than are ready to meet the demands.

scientific cookery are of three kinds. One demand is for college gradu-ates who, besides their academic degree, have taken a more or less complete course in scientific cookery or dietetics. Women qualifying under this head are in demand for positions as professors and instructors in nutri-tion, household chemistry, cooking, etc., in schools and colleges. The salary for such positions ranges from eight hundred to fifteen hundred dol-

lars a year. A second class of women needed in this profession are those who are experienced in teaching or graduated from normal schools, who, either as part of the normal school training or as an aside, have mastered the prob-lems of scientific cookery and its al-lied branches. For these women there are positions open, through teachers agencies or through direct application to boards of education, as teachers i public and private schools and in in-dustrial schools with salaries from eight to twelve hundred dollars a year. From a position in the public schools of a large city a woman of ability can rise to a supervisorship at

there have made use of the window boxes.

One of the great dressmakers, whose in many is known all over the world appreciating the suggestion of charm and cools.

There have made use of the window bought from a florist, or it can be brought from the woods in bags or boxes.

Wood soil should generally be mixed with sand for use in winter the suggestion of charm and cools boxes.

Wood soil should generally be mixed with sand for use in winter the suggestion of charm and cools. But by far the largest demand is for women who, although they need not have graduated from college or normal school and need never taught a day in their lives, have had, besides a more or less extensive course in scientific cookery, considercourse in scientific cookery, consider-able experience in household manage-ment or actual business experience. For all these three groups of women there are numerous positions, besides those already mentioned as being specialy available for each class, standing open today. Settlement and social workers are wanted in the crowded city districts

to show the poor how to live cheaply-how to buy their food, what to buy, how to cook it, and how to serve it. Model flats are carried on in certain of these social centers, where a woman trained in scientific cookery teaches the coming generation how to do the tasks of house-keeping in the easiest, cleanest, and most economical manner. Positions of this sort bring with them a salary of from

DAILY FASHION HINT



\$609 to \$900 a year. In some cases residence is included in the arrangement, and then the salary is from \$500 to \$700 or \$800

Lunch-room managers are in demand in schools, in factories, in clubs, in insti-tutional churches, and elsewhere. Wom-

year. Managin housekeepers in school and By MARY MARSHALL.

Not so very many years ago people thought that about all a young girl could learn of cooking could be taught her in the home kitchen. As a special attainment, this or that young woman cocasionally went to a professional

attainment, this or that young woman occasionally went to a professional French chef for instructions in the myserties of puff pastries and other delicacies that were not usually produced at home. This was the highwater mark of expert cookery as our mothers knew it. Cookery in those days was a matter of knack and experience.

But now schools of domestic science, household management, scientific cookery, dietetics, or whatever you choose to call the new science of cooking, have sprung up all over the countries.

10 \$1.200 a year, besides board and lodging.

Directors of commissary departments, buyers or purveyors for hospitals and public institutions are also nowadays and such positions pay from \$900 to \$1,200 and such positions pay from \$900 to \$

The instruction treats of such subjects as the manufacture of food products, as the manufacture of food products, with a knowledge of cooking limited to fudge making and come back able to give her mother points on cooking and househoud management. She can show her mother how to make the tunches and 5-cent lunches; the manage Schools of this sort have met with won

derful success wherever they have been established, a fact that is particularly gratifying to the men of wealth who have promoted them. But in spite of the re-sponse that women have already made to this new call for scientific cooks, the demand is every day growing and the pub-tic is constantly finding new ways to make use of the services of these experts In many large cities lunch rooms are conducted by young women trained in scientific cookery, and so far they have, with scarcely any exception, proved successful. Delicatessen shops, too, have been conducted by women graduates from the cooking schools, and in this field of activity alone there is room for hun-dreds more to find good paying occupa-

(Copyright by Mary Marshall.) Next week Miss Marshall will talk bout nursing as a vocation for women.

Miss Marshall has spent much time investigating the opportunities for women in various lines of work and is now giving the results of this investigation to the women of washington, as she has already given it to women in many other cities. If you are puxsled about the line of work for which you are best suited, the preparation required, the chances for success, the money returns to be expected and the experience of other women in the same line, read these articles which are to appear in The Woman's Herald every Friday. If they do not fit your particular ease, state your problem to Miss Marshall cannot undertake to secure employment for any one.

Answers to Correspondents. A reader of The Woman's Herald, after reading last week's article on kinder garten teaching as a vocation for wom little children, can learn the rudiments of kindergartening without actually tak-ing a full course of preparation.

I find that there is a short six weeks' summer course in kindergarten training giving at St. Margaret's School in this city. It is quite likely that arrangement could be made at this school for a spe-cial course of instructions at any time. If the inquirer applies to the principal of St. Margaret's School, 2115 California avenue, I feel sure that she will receive the in rmation she desires.

Tommorow's Menu

BREAKFAST.

LUNCHEON OR SUPPER Cheese Patties.

DINNER.

teen minutes.

Potato roses—Add two and a half tablespoonfuls of melted butter to two cupfuls of creamy, hot mashed potato. Season with salt and add the well beaten yolks of three eggs. Mix thoroughly and put in a pastry bag or into a cone of stiff paper. Force out through the small end and form into small roses on a board. Brown in the oven and serve with fish.

teaspoonfuls of baking powder, and put in half a cupful of butter. Then add three beaten eggs and enough milk to make a thin pouring batter. Pour into the fron, heated and bake. Waffles may be served in many ways, and if different sweets are devised to serve with them, they make a very acceptable dessert a couple of times a month, and may also be eaten occasionally for breakfast. are, perhaps, best of all, although maple syrup is also delicious with

IDA TARBELL URGES UNEMPLOYMENT REMEDY served with fried chicken with good

Miss Ida Tarbell, speaking before the Chamber of Commerce of Cleveland. They can be sprinkled with granulated sugar and cinnamon sifted together. They can be served with butter and part in failing to remedy effectively the sugar.

present unemployment situation. She told of a wealthy business man in New York who dismissed his stenographer who had Any fruit sauce, made of a syrup

Soft white silk, powered at intervals with primioses of blue, makes this lovely frock; bias folds of blue satin finish the skirt, and the kimono waist. These are now sold so cheaply that there is mounted on an underbody that is in one front and back. Medium size results in sone front and back. Medium size results in sone front and back. Medium size results of 3-5-the silk, 1 1-2 years. Price, 15 cents.

Pictorial Review costume, No. 6612; and quite as satisfactory for evening siles, 14 to 29 years. Price, 15 cents.

YOUR DOLLARS ARE BIGGER AT OUR STORES

Fresh Creamery Butter Prints 35c

Strictly Fresh Country Eggs, per dozen	30c
Picnic Shoulders, sweet and juicy, per pound	
Whole Milk Cheese, very fine, per pound	
Snappy Cheese	
Challenge Milk, per can	
Choice White Potatoes, per peck	
"Bull Frog" Self-Rising Flour, full 2-lb. package	10c
Gambrill's Wheat Pearls, a delicious breakfast food, package	13c
Consumers' Delight Coffee, per pound	25c
Fat Norway Mackerel, 3 for	
Argo Red Alaska Salmon, per can	17c
Beardsley's Shredc'ed Codfish, per package, 9c; 3 for	25c
De Luxe Brand Tuna Fish, halves per can, 13c; No. 1 size, per c	an 19c
If you want the finest tuna packed you should try this bra	nd.
It has no superior.	
Cluster Raisins, 20-cent value, extra special per package	10c
Pure Fruit Jelly, per glass	9c
Jell-o, makes delicious dessert; 3 packages	25c
Hershey's Breakfast Cocoa, reg. 10c can, 71/2c; 1/2-lb can	15c
Good Quality Sugar Corn, per can	7c
Standard No. 3, Tomatoes, per can	7c
Campbell's Soups, 3 cans for	25c
Campbell's Beans, 3 cans for	i:5c
Chili Con Carne, Mexican style, per can	9c

These Prices Prevail for Friday and Saturday

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HOUSE-ECONOMY CALENDAR WAFFLES.

Served with strained honey the

results.



February 19-Sara Stevenson.

Sara Yorke Stevenson, the famous Waffle making is an art, difficult, archaeologist, was born sixty-eight if you will, but not at all impossible years ago today in Paris, of American parents. Her father, Edward Yorke, The cooking of the waffle and the was descended from an English set-The cooking of the waffle and the mixing of the batter are the important parts. The waffle iron must be scrupulously clean, to begin with. Heat it. Then rub it with a piece of salt pork or a little piece of butter wrapped in a piece of clean gauze or cheesecloth. Every part of the iron must be greased, and one way to make sure of this is to close the iron so that the melted fat will run into all crevices. Then fill the iron, when it is smoking hot, with the batter, about two-thirds fuil. Shut the

when it is smoking hot, with the batter, about two-thirds full. Shut the iron and cook for one or two minutes on each side.

Sara lived in Paris until she was fifteen years old and then lived with her family in Mexico. On June 30, 1870, when she was the control of the control

Apple Tapicoa Pudding.

Cherries—Drain firm canned cherries, dip them into white of egg, and then into powdered sugar. Chill and serve six or seven to each person.

Cheese pattles—Line patty cake tins with rich pie crust rolled thin Fill two-thirds full with the following mixture: Cream two tablespoonfuls of butter, add two beaten eggs, half a cupful of grated cheese, half a cupful of breadcrumbs, a teaspoonful of baking powder, salt to taste and a third of a cupful of milk. Bake fifteen minutes.

Is 70, when she was twenty-three she married Cornelius Stevenson, a member of the Philadelphia bar.

Sift three cupfuls of flour, a teaspoonful of salt. Beat two eggs light. Dissolve half a teaspoonful of set was sent to Rome and the next year to the Nile Valley on archaeological also add the eggs and a tablespoonful of butter. Beat thoroughly, for the batter must be very smooth.

Here is another waffle batter: Mix well a quart of sifted flour and three teaspoonfuls of baking powder, salt to taste and a third of a cupful of milk. Bake fifteen minutes. of Pennsylvania Another famous woman born

February 19 was Mrs. Thompson, the English actress. When she came to America in 1868 she was regarded as the pioneer of latter day English burlesque actresses. She was the first star to bring a fully organized English company of actors across the Atlantic. (Copyright, 1915.)

Holy Name Society Enrolls 142.

After a very successful mission at the Immaculate Conception Church, through the kind efforts of Fathers Warren and Turner, there were enrolled in the Holy Name Society 142 new members, making the total number of members 325.

M. & C. Laboratories, 912 14th St. We will send you a sufficient quantity of M. & C. Cleansing Cream for a satisfactory test. It cleanses, beautifies and preserves

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M. & C. Toilet Preparations at

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